

Lesia Lee, MSW, RSW



Professional Summary

Lesia Lee is a Registered Social Worker (RSW) and clinical therapist who provides psychotherapy services within Ontario via Teletherapy (video/telephone). Lesia holds a Master of Social Work (MSW) degree from the University of Toronto and has over 15 years of experience working in the mental health field. Her practice is focused on assessment and treatment of children, adolescents and adults who experience different types of anxiety, depression, obsessive compulsive disorder, and low self-esteem concerns. Lesia is committed to delivering evidence-based treatment and has specialized training in Cognitive Behavioural Therapy (CBT) and Exposure Response Prevention (ERP), which is a form of CBT used for OCD. She is passionate about implementing CBT as it has proven to have long standing effects and positive change in individuals' lives.

Lesia works from a client centered, trauma-informed and culturally sensitive lens. She values the bravery it takes to reach out for support, and strives to provide a safe, warm, non judgemental and relaxed space for her clients to explore their concerns, find their inner strengths and begin to feel more empowered. Take the first step in working collaboratively with Lesia, your journey to healing, growth and positive change awaits you! With the courage for change and the skills learned through CBT you will be so happy you did!

Professional Specialties

- Anxiety
- Panic Attacks*
- Depression
- Obsessive Compulsive Disorder (OCD)
- Perfectionism
- Self- Esteem Issues
- Relationship Concerns
- Anger Management
- Workplace Burnout & Life Stress



Convenient Confidential Counseling

Lesia Lee, MSW, RSW

Education

- Master of Social Work – University of Toronto
- Honours Bachelor of Science (Double Major Psychology/Sociology) – University of Toronto

Professional Experience

In addition to working with TeleCBT, Lesia has a private practice, Syla Counselling & Psychotherapy Services, that she has had the privilege of working at since 2017. Lesia's past clinical work experience includes working with various intensive community mental health agencies and in hospital as part of an outpatient mental health unit working with complex concerns. Lesia is committed to keeping up to date with different topics and modalities by regularly participating in professional development through various trainings and webinars.



Convenient Confidential Counseling